

This space reserved for you! "Call Paul...space is limited." 825-3747

Essay award goes to student from Emo

The Northern Ontario Business Awards Foundation is proud to announce the winner of its essay contest "Entrepreneurship in Northern Ontario."

The winner of the \$3,000 scholarship is Elizabeth Klug from Emo in Northwestern Ontario. Elizabeth attends Fort Frances High School.

The call for essays went out in

October, 1988. Students in grade 12 and working on their OAC's were invited to submit essays of no less than 2,500 words on the topic of "Entrepreneurship in Northern Ontario." Essays could be submitted in either English or French.

Northern Ontario Business Awards Foundation initiated this essay contest to make young people aware of the business opportunities in Northern Ontario.

The judges were Therese Bradley, a retired consultant in "French as a second language" with the Sudbury board of Education and Don Wyatt, President of Timmins Stationery. Both judges were extremely impressed with the calibre of entries and had a difficult task choosing a winner.

The contest will continue on an annual basis and essay kits for next year will be sent to all the high schools in Northern Ontario in early December and deadline for the essays will be May 1, 1990.

Elizabeth will be honoured at the Northern Ontario Business Awards Banquet on November 7, 1989. This year the Dinner will be held in Timmins at the Senator Hotel.



SKINLINE

The Answer to Skin Care

by Dr. John Romano



Athletics and Your Skin

We know that exercise promotes well being. It aids in weight control, increases muscle strength and endurance, relieves stress, promotes flexibility and leads to a longer and healthier life. Exercise can also be hard on the skin by making you vulnerable to dryness, blisters, calluses and rashes. But with proper care, your skin can be as healthy as you.

With different sports there are rules to follow to protect your skin from the game itself or the elements. For example, outdoor sports in any season can bring on specific skin problems.

Windburn and chapping are a serious problem in cooler-weather sports. The skin becomes dehydrated, rough and flaky. Thick oil-based lotions containing petroleum jelly will protect the hands, arms, legs and face from the elements. Vaseline Dermatological Formula® is one of these oil-based lotions which will help keep moisture locked in. In all weather apply a lotion at least fifteen minutes before going out to allow it to absorb into the skin.

Remember to always wear a sun-screen on exposed skin. You may not feel the sun's rays but the ultra violet radiation can do a great deal of damage.

An inevitable outcome of many sports is the formation of calluses on the feet, hands, elbows and knees. Mild friction is the cause. The skin will not form a blister but will gradually get thicker.

Gymnastics, racquet sports, rowing and golf are a few sports that are prone to the development of calluses.

To rid yourself of calluses soak the area in warm water. Gently rub with a pumice stone or abrasive to wear away the callus. This should be done daily. After drying the skin, apply a thick moisturizer to keep the skin soft.

Swimming — which has become an all season pastime at many health clubs — can present problems regardless of whether it is in fresh, salt or chlorinated water. It washes away natural skin oil, which is particularly harmful in the summer months when we expose ourselves to the sun's strong rays.

There are other problems as well. Salt water affects the skin in a manner similar to vigorous perspiration. Salt dried on the skin actually draws moisture from the skin's surface, causing irritation and making skin more vulnerable to sunburn or rashes. It is important to wash salt water off as soon as possible and to replenish the skin with a lotion or combination sunscreen/lotion.

Chlorine in pools is a powerful disinfectant used to protect swimmers from bacteria. Chlorine bonds to the skin and hair causing an irritation for many people. Again, chlorine should be washed from the body and a lotion applied to protect against further moisture loss.



John Lockwood

Ed Ryyanen, Co-ordinator for the CASE Program (Counselling Assistance to Small Enterprise) is pleased to announce that John Lockwood is one of our many Counsellors who are dedicated to helping business start, survive and/or prosper. John brings with him many years of practical business experience, in particular, the Business Administration/Building Construction Field.

To take advantage of John's talents and experience or the experience and guidance of one of many other counsellors, contact the CASE Office in Thunder Bay (807) 623-2745 (collect if out of town).

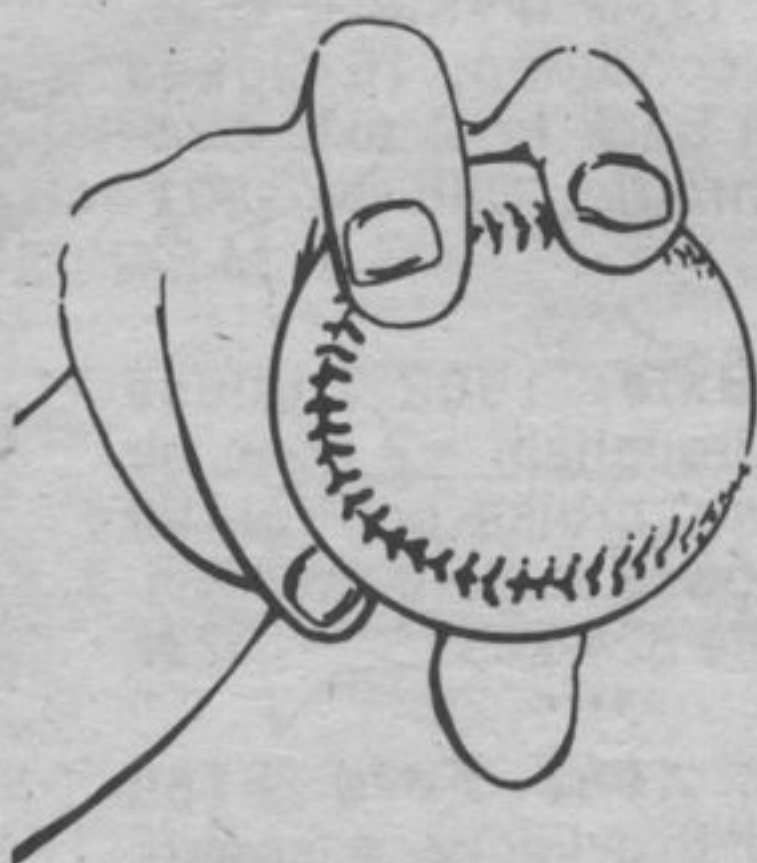
Federal Business Development Bank

DUKE SNIDER'S PLAY BALL TIPS #3



THROWING THE BALL

Making hard, accurate throws is essential to playing good baseball. It all starts with the proper grip and a few basic steps.



1 Place the pads of your first and second fingers across any seam with your thumb directly underneath. Leave a slight gap between the ball and the web of your thumb.



2 After catching the ball, find the proper grip. Take a small starter step with your pivot foot which should be turned at a 90 degree angle to your target.



3 As you bring your throwing arm forward, plant your glove side foot. Your elbow points out, the ball close to your head. Follow through with your hip and shoulder so that your throwing shoulder points toward the target.

For more information on Petro-Canada Play Ball, phone 1-800-268-2244.

Next Week...Fielding Ground Balls!



THE CORPORATION OF THE TOWNSHIP OF TERRACE BAY

The Thunder Bay District Health Council Wishes to advise that effective September 1989, vacancies will become available on the Council.

Representatives on the Council will commit to two hour meetings per month, between September and June in Thunder Bay. Expenses would be paid by the District Health Council.

Any adult resident of Terrace Bay interested in the planning of health services in the District should submit their names in writing to the undersigned by Tuesday, May 22, 1989.

David C. Fulton
Clerk-Treasurer Administrator
Township of Terrace Bay
P.O. Box 40
Terrace Bay, Ontario
POT 2W0



THE NORTH OF SUPERIOR DISTRICT R.C.S.S. BOARD ST. MARTIN SCHOOL Requires a SCHOOL SECRETARY

Skills in typing, filing, record keeping, public relations, administration and the operation of duplicating equipment are desired.

Word processing skills and fluency in both English and French would be an asset.

Applications outlining education, work experience and references should be submitted by May 19, 1989 to:

Mr. A. Speziale
St. Martin School
P.O. Box 459
Terrace Bay, Ontario
POT 2W0

E. Drozdowsky
Chairperson

G.J. Matys
Director of Education



THE NORTH OF SUPERIOR DISTRICT ROMAN CATHOLIC SEPARATE SCHOOL BOARD LE CONSEIL DES ECOLES SEPARÉES DU DISTRICT DE SUPERIEUR-NORD

OFFRE D'EMPLOI - REQUIRES

A BILINGUAL SECRETARY SECRETAIRE BILINGUE

Pour le bureau administratif à Terrace Bay

Requirements

- * Good typing speed
- * Word processing a strong asset
- * Ability in shorthand an asset
- * Ability to translate English to French and French to English

Sommaire des tâches

- * Dactylographie générale
- * Assister aux réunions, si requis prendre les procès verbaux et les rédiger
- * Effectuer le classement
- * Effectuer toute autre tâche connexe demandée

Exigence

Connaissance du français et l'anglais parlés et écrits est essentielle. Salary range is \$17,000 to \$26,000 per year.

Les personnes intéressées sont priées de faire parvenir leur curriculum vitae. Send by priority post by May 22, 1989. Could be a half-time or full-time position. Please include references.

LOCATION: TERRACE BAY, Ontario

Personnel
Le Conseil des écoles séparées du district de Supérieur-Nord
C. P. 730
SCHREIBER, Ontario
POT 2S0

Ernie Drozdowsky
Président

George J. Matys
Directeur général

THAT'S HOW MANY CANADIANS ARE SQUASH PLAYERS



Way to go, Canada! PARTICIPATION